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MONTHLY



INDUSTRIAL NUTRITION SERVICE

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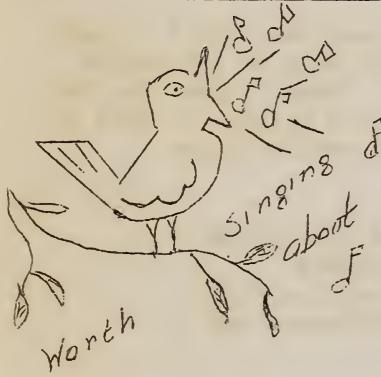
U. S. DEPARTMENT OF AGRICULTURE

For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION

Office of Supply

June 1945



THE MARKET BASKET

Feeling a little underfed, and sorry for yourself? Don't worry too much. Some foods are scarce, but, unless the weather man gets too erratic, there will be plenty of vegetables -- in wide variety, too. This year's vegetable production on farms is expected to top the 1944 level. Add to this the Victory Gardeners' crops from back yards, community and factory gardens, and there should be plenty of vegetables to help fill our plates with colorful, tasty foods that have a lot of what it takes to maintain health.

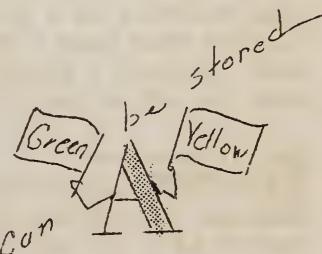
Vegetables in Plentiful Supply

There will be tomatoes, carrots, new potatoes, cabbage and onions in plentiful national supply in June. Green peas, asparagus, leaf lettuce, green onions, and radishes will be available in local markets.

Food Values in Vegetables

Some of the hidden vitamins in vegetables will prevent some of the results of hidden hunger, or what the doctors call "vitamin deficiencies."

Take carrots, sweetpotatoes, and broccoli, spinach, and other leafy greens, for example. They have liberal amounts of Vitamin A. This is the vitamin necessary (1) to maintain normal vision at night, (2) for normal growth, (3) for resistance to infections of the respiratory tract.



Southern Regional Office - 10th Floor Western Union Building, Atlanta 3, Georgia
Alabama-Florida-Georgia-Kentucky-Mississippi-N.Carolina-S.Carolina-Tennessee-Virginia

Citrus fruits are the richest sources of Vitamin C which is necessary (1) to maintain healthy teeth and gums, (2) to regulate muscle tone. Some vegetables are also good sources of Vitamin C, especially when they are eaten raw. Tomatoes are an excellent source. Cabbage, cauliflower, broccoli, spinach, collards, and other leafy greens are very good sources.

Eat Them and Like Them

Industrial feeding has increased the popularity of vegetables among war workers. Many industrial plants now offer special plate lunches that include at least two vegetables. Some plants provide a choice of hot and cold vegetable plates as well as the meat or meat alternate entree plate special. In many plants 75 per cent or more of the workers are choosing plate specials. This means that many workers have become accustomed to better balanced meals and have learned to eat vegetables, and like them. Better vegetable preparation helps to increase their popularity. When they are cooked a short time in a little water, they look and taste better.



Selection Hints

When no plate specials are available, here's a guide that will help in selecting the kind of vegetables that "go" with the main dish. Choose vegetables that add variety of flavor, color, and texture as well as food value. Here are two good combinations:

1.

- Hamburger cake
- Mashed potatoes
- Buttered green beans
- Cabbage and carrot salad

2.

- Fried fish fillet with lemon
- Parsleyed new potatoes
- Tossed salad of leaf lettuce, tomatoes, cauliflower, and green pepper

NOTES FROM THE NEWS

It's Not The "Spuds'" Fault

Some women refuse to eat potatoes for fear of getting fat. A potato a day will not cause plumpness. A medium-sized potato contains only about one-fourth as many calories as a piece of apple pie. It supplies no more calories per average serving than does a large apple or a slice of bread one-half inch thick. Potatoes contain a goodly supply of Vitamin C, iron and other minerals. Don't pass them by unless you are following doctor's orders.

School Days ---

A New England industrial plant sent three women workers to cooking school in Boston. The reason for attending the cookery demonstrations was to promote interest in a new series of women's pages in the plant magazine. Each month two pages in the magazine are devoted to recipes, menus, and household hints that are helpful to women workers.

Gardeners

A midwestern industrial plant held a Victory Garden contest last fall. Forty-three workers competed for prizes, and displayed 454 exhibits. The highest scorer won 8 first prizes and \$33.75 worth of war stamps!

In a West Coast plant, over 95 per cent of the workers eat a plate lunch special that includes two vegetables, a vegetable salad, entree, bread, butter, dessert, and beverage. The turn-over is 1.6 per cent and the absenteeism is 2.3 per cent.

VISITORS

A six-cell flashlight on New York's neon-studded Broadway sounds like surplus property, but one blackout-trained British girl lugged one all the way across the Atlantic ocean to light her way around Times Square!

The visitor was one of four English women, exchange guests, touring this country under the auspices of the Office of War Information, and the War Production Board. They arrived in New York on April 13 and each went to a different section of the country. The southern visitor, Miss Margaret Jennings, vice-president of the Nottingham and District Hosiery Workers' Society, Nottingham, England, arrived via a few side trips into Washington, New York and Pennsylvania. At Sheffield, Alabama she was joined by Miss Gladys Knight, industrial feeding specialist for the Southern Region, who helped WPB plan Miss Jennings' itinerary for this section. Together they spent seven days visiting industrial plants in Alabama. The schedule included Wilson and Wheeler dams, TVA Nitrate Plant, Muscle Shoals, Alabama; Reynolds Metal Company, Listerhill, Alabama; U. S. Pipe and Foundry, and Tennessee Coal & Iron Company, in Birmingham.



PLENTIFUL --

For the next several weeks cottage cheese will be a "best buy." It's protein-rich, quota free, palatable and just plain good. Serve it plain, combine it with fruit, poke it in a pepper, or team it up with a salad -- but get your share. In these hectic days of ration points, food shortages and meatless dinners, an abundant food is an event. Don't miss this one. Here are a few "home-size" recipes:

3/ Cottage Cheese with Fruited Gelatin

2 T. granulated gelatin	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ cup Cold water	$\frac{1}{2}$ cup peaches
2 cups cottage cheese	$\frac{1}{2}$ cup grapes or cherries
3/4 t. salt	1 orange sliced
1/8 t. paprika	1 c. diced or sliced bananas

Pour cold water in bowl and sprinkle gelatin on top of water. Place bowl over boiling water and stir until dissolved. Mash cheese very fine, add seasonings, milk and gelatin. Turn into border mold that has been rinsed in cold water. Chill, and when firm, unmold cheese ring on a bed of lettuce and fill center with fruit, which has been cut in small pieces and mixed with salad dressing. Serve with a salad dressing.

4/ Cabbage Pimiento Salad

3 cups shredded cabbage	1 canned pimiento for garnish
3 canned pimientos, minced	1 cup buttermilk dressing

Buttermilk Dressing

1 hard-cooked egg yolk
3/4 teaspoon salt
1/2 teaspoon paprika

4 tablespoons cottage cheese
1/3 cup buttermilk (more or less)

Mash egg yolk and add salt and paprika. Blend with cottage cheese and add enough buttermilk to make the desired consistency. Makes about 1 cup.

Toss cabbage with pimientos, moisten with dressing. Place in salad bowl and garnish with fancy shape cut from pimiento. Serves 6.

5/ Cottage Cheese Filling

1 c. well-seasoned cottage cheese 1 tbsp. mayonnaise
1 c. finely chopped peanuts 1/2 tsp. salt

Combine all the ingredients. Use with either enriched white bread or Boston Brown Bread.

5/ Cottage Cheese - Cucumber Spread

1 pt. creamed cottage cheese 1/2 tsp. salt
1 large cucumber Pepper
1 tbsp. grated onion

Peel cucumber and scrape the seeds out. Grate or grind, mix with the onion and salt and put in a strainer. Let set over a bowl until just ready to make sandwiches. Mix well with the cottage cheese and pepper. A little more salt may be needed. This depends on how well seasoned the cottage cheese is.

5/ Hot Cottage Cheese - Tomato Sandwich

3/4 c. cottage cheese 2 tbsp. all-purpose enriched flour
6 slices buttered toast 1 tsp. salt
2 tbsp. butter or fortified 1 No. 2 can tomatoes OR
margarine 2 c. cooked tomatoes

Spread cottage cheese between slices of buttered toast. Cut sandwiches in half. Arrange in greased shallow baking dish. Melt butter or margarine over low heat, add flour and salt. Blend well, add tomato pulp gradually, stirring constantly until thick and smooth. Pour over sandwiches and bake for 15-20 minutes in pre-heated 350° oven. Serves 6.

3/ Cooking for Ohio Families - Bulletin 169 of the Agricultural Extension Service, Ohio State University.

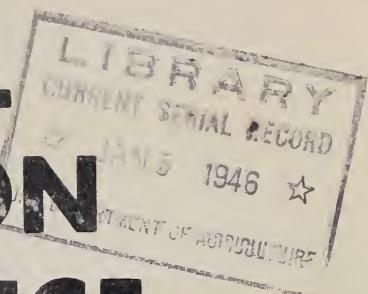
4/ American Cookery - Issue of April 1943.

5/ Health-for-Victory Club Meal Planning Guide - Home Economics Institute, Westinghouse Electric & Mfg. Company.

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SPECIAL

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June 1945

Special to House Organ Editors

The topics of the month for July are sugar and peaches. Talk about one and the other pops up without any assistance and refuses to be ignored despite all your best efforts. So, we'll just acknowledge them both at the start and begin our discussion with peaches.

We've got the biggest peach crop seen in this country in many a day. The old-timers are practically refusing to believe it; the statistical and analysis boys have borrowed extra adding machines to count them, and the growers are wondering how they are going to market them all. And that last item is not an abstract pastime. Peaches rotting unsold in southern orchards are just so many dollars and cents of added cost and lost profits to peach growers.

Ten southern states alone will harvest something like 26,000,000 bushels of peaches -- a mere 10,000,000 bushels more than the average production for the past ten years. Heaviest producing areas will be South Carolina and Georgia, but Alabama, Arkansas, Florida, Louisiana, Mississippi, North Carolina, Oklahoma, and Texas are contributing their share. In nearly every state it's the same story. Production is up and then up again over past years.

Such an enormous crop calls for a little consumer cooperation if the peaches are to be utilized with a minimum of waste. Pass the word down the line to your personnel to eat an extra peach, and even can a few in their spare time.

The mention of canning, of course, brings us to our second topic of the month--sugar.

